

EMPLOYEE TRAINING RECORD

TRAINING TITLE **Are You Ready to Quit Smoking?**

KEY TEACHING POINTS

THINK ABOUT WHAT SMOKING IS DOING TO YOU

- Increased risk of heart attack, stroke, and lung cancer.
- Coughing, shortness of breath, and risk of bronchitis and emphysema.
- Reduced resistance to colds and illness.
- Harm to nonsmokers around you and to unborn children.

THINK ABOUT THE BENEFITS OF QUITTING SMOKING

- Immediate and steady reduction of damage to lungs and heart.
- Reduced risk to nonsmokers around you.
- More money for important and enjoyable things.

SET A DATE TO STOP SMOKING NOW. WHEN IT ARRIVES

- Get rid of all smoking materials.
- Find substitutes: exercise, deep breathing, drinking water, chewing gum.
- Remind yourself that you are getting healthier every day.
- Spend time in nonsmoking areas.

IF YOU CAN'T STOP SMOKING NOW

- Smoke less and put off smoking every cigarette.
- Buy cigarettes by the pack, and keep switching brands.
- Try a nicotine patch, gum or inhaler.
- Imagine you are a nonsmoker.
- Remind yourself that you are never too old and it is never too later to stop.

TEST

QUESTION	ANSWERS	
	TRUE	FALSE
1 If you stop smoking your risk of heart attack drops to nonsmokers' levels.		
2 If you can't stop smoking now, smoke less and put off smoking every cigarette.		
3 Set a date to stop smoking. When it arrives get rid of all smoking materials.		
4 Smoking reduces your resistance to colds and illness.		
5 Save money. Quit smoking.		
EMPLOYEE'S NAME	EMPLOYEE'S SIGNATURE	DATE
INSTRUCTOR'S NAME	INSTRUCTOR'S SIGNATURE	DATE

1. True 2. True 3. True 4. True 5. True